

September

2021 Pocahontas Elementary

menu

Monday	Tuesday	Wednesday	Thursday	Friday
	A choice of a Hamburger meal is offered daily, with the daily vegies, fruit, milk, condiments.	1 <u>Breakfast 4 Lunch</u> Biscuit & Gravy Egg, Ham Tater Tots Juice Milk	2 Calzone Italian Vegetables Mixed Green Salad Pineapple Tidbits Hot Roll Milk	3 Chicken Sandwich Sand. Salad Cup Baked chips Veggie Stix/dip Sidekick slush Milk
Labor Day 	7 <u>Taco Tuesday</u> Taco Salad Mexicali Corn Cinnamon Roll Applesauce Milk	8 Mac & Cheese Steamed broccoli Cherry Tomatoes Fruit	National "I love food" day 9. Corn Dog Pinto Beans Carrot Sticks Fruit Milk	10 Chicken Nuggets Mashed Potatoes Gravy California Veggies Sidekick Slush Hot Roll Milk
13 Chicken Spaghetti Seasoned Green Beans Romaine Salad Fruit Roll Milk	<u>Eat a Hoagie Day</u> 14 Hoagie Sandwich Baked Chips Sand. Salad Cup Carrot/Celery Stix Applesauce Milk	15 Bacon Cheddar Burger French Fries Sand. Salad Cup Fruit Milk	16 Quesadilla Steamed broccoli Sweet potato puffs Sidekick Slush Milk	17 Ground Beef Macaroni Steamed Veggies Cinnamon Garbanzo Beans Hot Roll Milk
20 Pizza Romaine salad Apple/oranges Sherbet Milk	21 Chicken nuggets Carrot coins Mashed Potatoes Sidekick Slush Roll Milk	22 Chicken Fajita Mexicali Corn Lettuce/Tomato Salsa Fruit Milk	23 BBQ Nachos Cole Slaw Baked Beans Fruit Milk	<u>Hug a Vegetarian Day</u> 24 Spaghetti Mixed Green Salad Seasoned Green Beans Hot Roll Fruit Milk
<u>National Chocolate Milk Day</u> 27 Home-style Potato Bowl Whole green beans Fruit Hot Roll Milk	28 <u>Taco Tuesday</u> Walking Taco Seasoned Beans Lettuce, Tomato, Salsa Applesauce Milk	<u>29 Waffleicious Wednesday</u> Chicken Tenders Waffle/Syrup Waffle French fries Fruit Milk	30. Calzone Romaine Salad Marinara Sauce Lite Ranch Fruit Sherbet Milk	This institution is an equal opportunity provider.

PIG OUT on fruit and vegetables.

Monday: Cinnamon Bun, juice, fruit, milk

Tuesday: Breakfast Burrito, Salsa, juice, fruit, milk

Wednesday: Mini Donuts, juice, fruit, milk

Thursday: Pancake, Ham slice, juice, fruit, milk

Friday: Sausage, gravy, roll, juice, fruit, milk

cereal, juice, fruit, milk offered as daily choice Meals served w/appropriate buns, choices of milk, condiments

